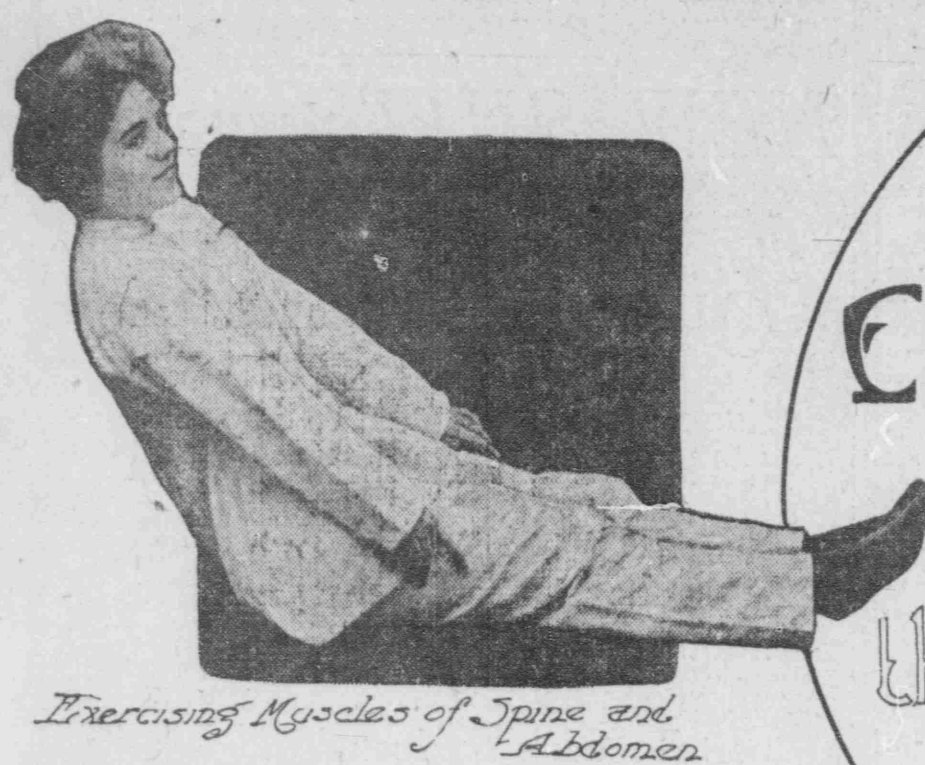


# HOW TO BE HEALTHY AND BEAUTIFUL

By MRS. HENRY SYMES



Exercising Muscles of Spine and Abdomen

THE woman who really needs exercise and neglects it "because it is so much trouble," has absolutely no excuse. When asked where the trouble lies, she always says "it requires so much standing up," or "one's feet get so tired," "I am too heavy to walk so far," "my back gets tired," "I cannot take walks because I cannot be so long away from home."

Here is a suggestion, madam. You need not stand, you may lie down flat with a pillow under your head; you need not carry your own weight; your back will be stronger; and all the time you are running and walking, from one standpoint of exercise, you may remain in your own room. Is it worth trying?

The first exercise for strengthening the spine consists on lying on the floor and sitting up without any assistance from the hands or arms. At first it is possible to perform the feat but once; however, after a week or so it will prove so easy that it will be necessary to increase the difficulty by folding the arms behind the head. This exercise is simple and in time easy, yet it is really effective and it not only strengthens the spine, but it increases the size of the waist and strengthens the muscles of the abdomen, those muscles that prevent it growing large.

The next exercise is running, but for this it is not necessary to get all over the house. You may lie flat and comfortable while you go through all the motions. This will in a short time materially decrease the size of the hips, and it also reduces the size of the waist. Then, too, it gives the lungs a chance for expansion and will help to prevent that breathlessness that comes after hurrying to dress or catch a car.

## Reduces the Hips.

Punching the bag with the feet also reduces the size of the hips and at the same time strengthens the ankles. It is interesting as well as efficacious, and one may become quite expert in the art. It also teaches grace and the proper control of the feet, a very necessary thing, for agility of this sort saves many falls.

The exercise is begun with one foot; then, as skill comes, use both feet. Later it will be found that the bag may be kept in constant motion with little effort, while in reality the muscles of the figure will have become firm and strong.

To acquire grace a book may be balanced on the feet. This teaches lightness of step, perfect control and at the same time strengthens the muscles of the back and abdomen. The ankles, too, are strengthened and made stronger, and when a light book has become easy to handle, a heavier one may be substituted, or even a block of wood.

Juggling the football with the feet is difficult, one might almost say exciting. It has the same effect as punching the bag, but it requires greater skill, so this form of exercise had best be postponed until the punching bag is well under control. Later, when the football test is mastered without difficulty, it may be substituted for the running exercise.

All of the gymnastics given are performed when resting on the back, and even the stoutest woman, after a little time, will find that they are all quite easy and very beneficial. They are also a great help to the girl who is inclined to be awkward or who walks in an ungainly manner, or for the child whose back gets tired when leaning over the desk at school.

Indeed, the feet exercises have been tried and proved of great benefit to those who show signs of increasing stoutness, and to those who have to sit all day at an office desk.

## To Cure a Sty.

The best thing to do to cure a sty is to bathe the eyes frequently with warm boracic lotion (five grains to one ounce of water), and apply at night a piece of boracic lint wrung out of boiling water; cover with a piece of Jaconet and a pad of cotton wool on top; tie with a bandage.

The only way to cover the defect you mention is to use a hair stain. This is a very good one: Two ounces of green walnut shells, one-quarter ounce of alum, four ounces of pure oil.

Heat together in a water bath until the water has been completely evaporated. Then express, filter and perfume.

Sage tea may be used to darken the hair. Make a strong brew of dried leaves, strain the liquid carefully through muslin, and to each pint add two teaspoonfuls of alcohol. This should be rubbed on the hair every night before retiring.

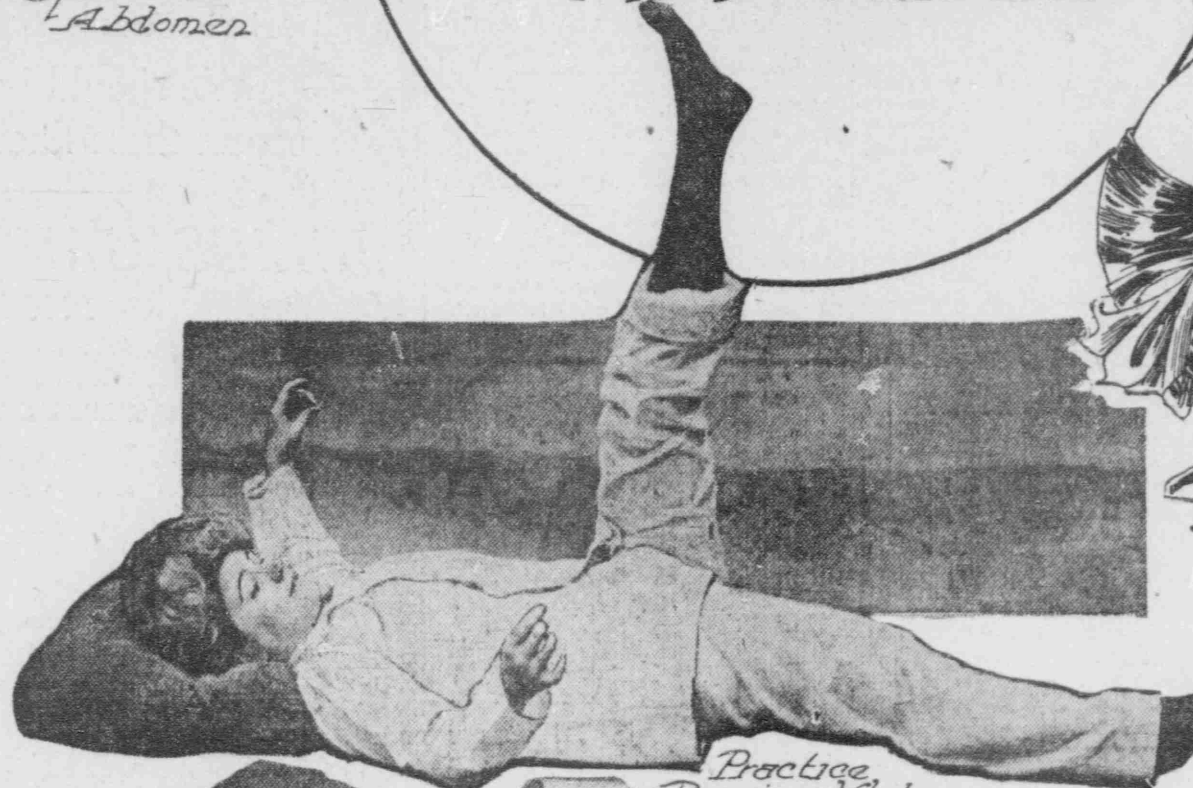
## Oily Hair.

The hair requires pure air almost as much as the lungs. It should also have a great deal of sunlight. Give the hair a good brushing with a soft brush once or twice a day.

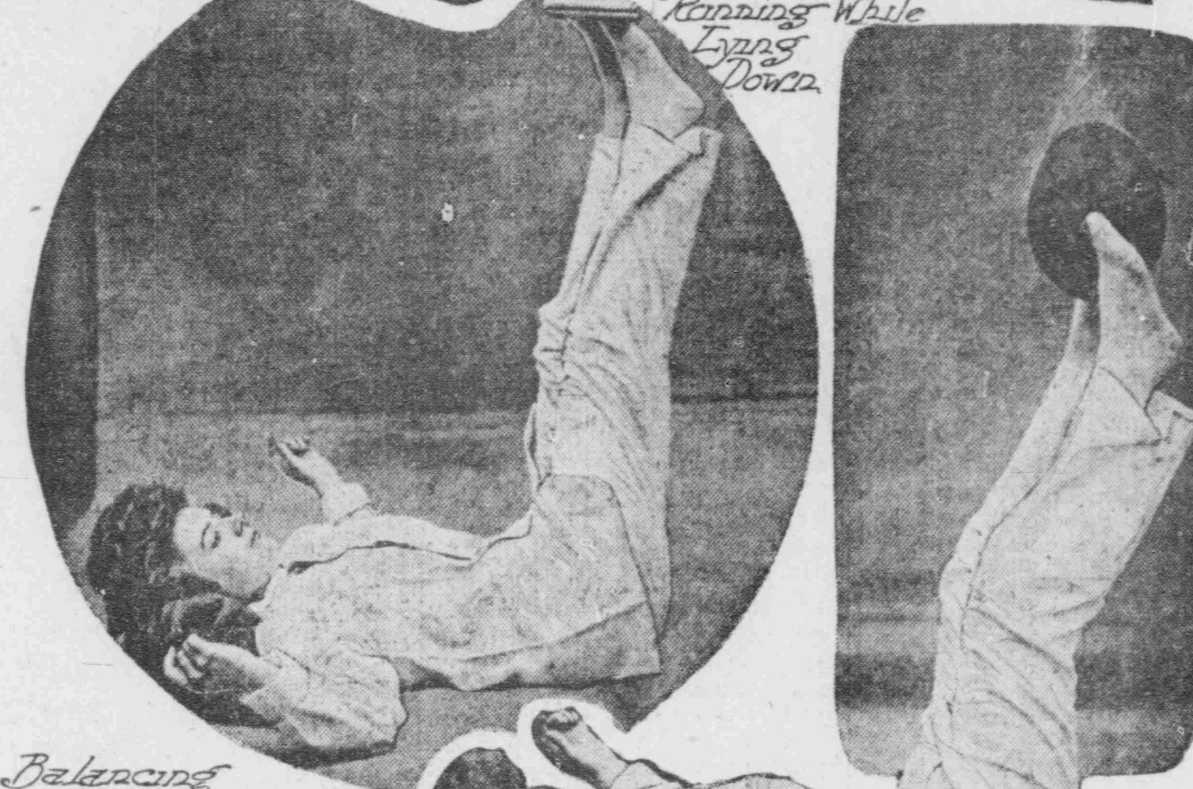
Use the following mixture daily, rubbing well into the scalp: Two ounces of alcohol, two ounces of witch hazel, fourteen grains of resorcin.

Exercise is the best possible method of enlarging the legs. Long walks will soon produce results. A gymnastic feat, which is said to be a certain enlarger for the lower limbs, is to stand on one foot and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the floor.

## FOOT EXERCISES for REDUCING the ABDOMEN



Practice Rolling While Lying Down



Balancing Book to Reduce Abdomen

## Wrinkles Under the Eyes.

To cure wrinkles it is necessary to build up firm, healthy elastic tissues. To do this a good skin food should be applied and allowed to remain on all night. Here is a splendid recipe: One ounce of white wax, one ounce of spermaceti, two ounces of lanolin, two ounces of coconut oil, two ounces of orange-flower water, four ounces of all of sweet almonds, twenty drops of tincture of benzoin.

Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin and lastly orange-flower water.

## Lotion for the Skin.

You will find the following an efficient skin lotion: Thirteen grains of spermaceti, forty-five grains of white soap, in powder; forty-five grains of pulverized white wax, forty-five grains of almond oil (sweet), three ounces of Jordan almonds, two ounces of pure alcohol, eight ounces of distilled water, three drops of attar of roses, five drops of oil of neroli, one-half dram of essence of white rose.

Blend the almonds and beat them into a smooth paste, adding some water gradually to form a thin cream. Melt the wax, spermaceti and almond oil together, and to this add the soap, previously rubbed down with one-half ounce of water. To this add, in small quantities, the remainder of the water, assiduously stirring. Then add the strained almond cream, and finally the alcohol and the perfume.

A little of this milk may be rubbed into the skin several times during the day. The effect is permanently beneficial.

## For Pimples and Blackheads.

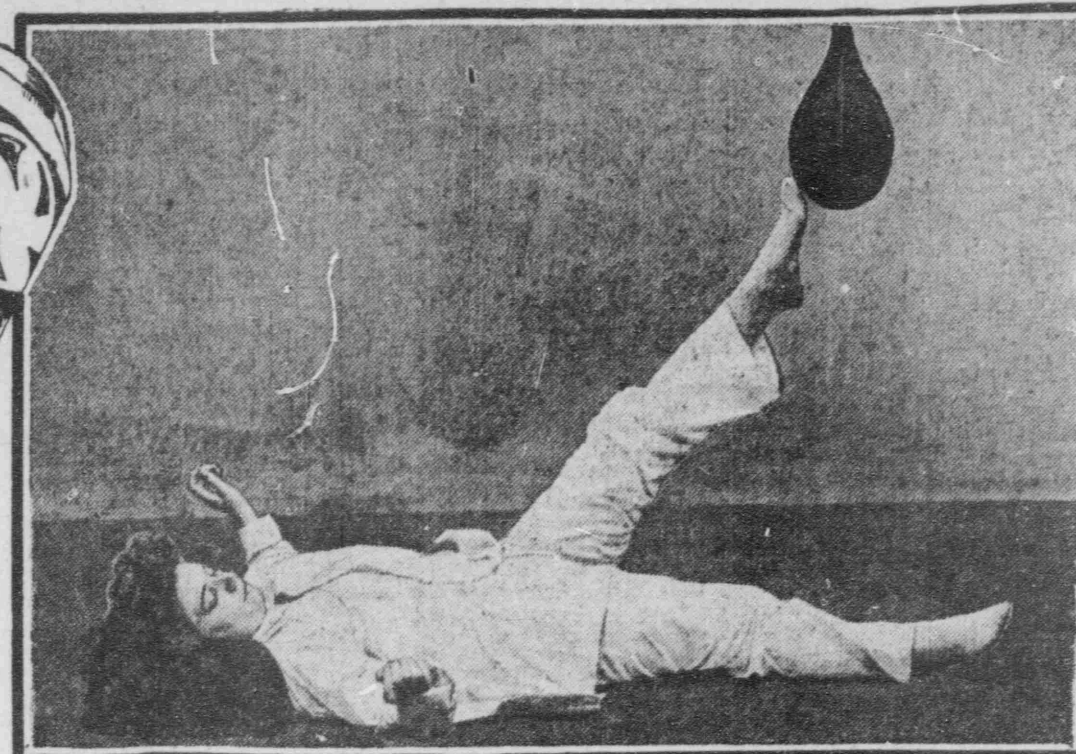
Apply a very little of this lotion to each pimple; wait until the pimples are cured before using the face brush, which might irritate them: Two drams of boracic acid, two ounces of alcohol, four ounces of rosewater. Use with friction twice a day on the skin affected.

Do not eat too many pickles, as they have a tendency to impoverish the blood, and when the blood becomes thin the complexion has a sickly appearance. The best way to appease this desire is to have your physician give you a tonic.

## Hair Tonic.

If you wish a hair tonic that you can make at home, you will find nothing better than this one: One-half dram of phenol, seven and a half grains of tincture of nuxvomica, one ounce of tincture cinchona, one-half dram of tincture cantharides, four ounces of cologne, two ounces of sweet almond oil.

Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.



Rolling Foot Ball to Measure Abgity

## Healthy Luncheons for Children.

Luncheon for the school children should be of good quality and generous quantity. Growing children require nutritive food and plenty of it to supply brain, nerve, and muscles.

The luncheon should be varied in service. Change the menu three times a week at least. If the child can come home to luncheon, so much the better for both child and parent. Mother can then see to the wants and determine if the child is eating enough of the best food.

Bread, roasted or boiled, with dumplings one day and gravy another, with fruit or cake for dessert and an apple to eat on the way to school, is an ideal luncheon.

Baked beans or tomato soup of corn or peas would make still another good luncheon. Cornmeal cakes of muffins or fried mush is palatable without being expensive.

Rice served with milk or sauce or cooked with raisins is much enjoyed by children. Lamb chops or lamb stew with noodles is also nourishing food.

Fish once a week and oysters are also valuable. All school children love pickles, and they are not injurious if plenty of wholesome food are taken with them.

A luncheon that has to be carried to school should be prepared to look inviting and be nourishing.

Make sandwiches of meat. Cut the bread thin, trim the slices of crust, if crust is distasteful to the child. Chop the meat finely, ham or cold beef, lamb or veal.

Butter the bread lightly, lay a layer of meat, which should be sprinkled with salt, celery salt, or mustard, and on this lay another slice of buttered bread. Wrap in white paper and then in a napkin.

Apples are always good; so are bananas and oranges, crackers or cakes. Small cakes are the best—vanilla wafers, cookies, and ginger cakes.

## Coffee Jacket Economy.

Dainty remnants may often be made into charming accessories. The little loose coffee jackets, which can be worn in bed, are useful, too, because they take the shorter remnants, and, indeed, can often have a lace sleeve with a chiffon lining, while the rest of the garment may be of flowered satin, chine, brocade, or almost anything you like.

Ribbons, too, have a remarkable way of being extraordinarily useful, and all sorts of odd scraps are greatly in demand; they can be tied around the waste to form the new sash. It is a good thing to know that when we get tired of shoulder scarfs they can be used as sashes, though, of course, it behooves the woman of large proportions to be somewhat careful in using up scarfs of embroidered chiffons, gauzes, and crepes de chine around her waist.

The new knotted sash of heavy crepe de chine, as worn in Paris, is tied in a knot, falling with heavy fringe ends to the ground. It is a charming innovation. In fact, it shows the tendency toward draping which is significant of the best fashions of the hour. Everything has a draped effect.

## St. Valentine's Day.

"Tis coming. Oh! what joy! Lie still, my heart! Cupid will be king for the day. Love messages will tabor the world around. Hearts will be started in every possible guise.

Paper hearts will be the features at most entertainments. Heart-shaped bonbon boxes store sweets most acceptably. There's every possible clever device in the shape of a heart for menu and place cards.

## A Smart Fur Coat.

Among smart fur coats for day wear is one in broadtail, made to fit the figure, and provided with a plastron in front, most protective to the chest. This plastron is the whole width of the shoulders, is slightly cut away in a "V" shape at the neck, and falls in graceful lines from the tops of the arms to a point at the waist in front. The shape is that of the old Louis quince cascade, the fullness of the skirt is added on in a line immediately below the waist, a form which admits of a more perfect fit than any other.

## Valentine Bonbons.

They are red. They're for favors. There are a dozen in a box. A box costs from 45 to 65 cents. Each of these snapping bonbons contains a cap and a musical toy.

## Valentine Candle Shades.

Four red hearts make a beauty. Or little hearts may dot a white one. These white ones are diminutive empire shapes.

A little gliding adds to the prettiness in most instances. The prettiest of them cost but a half dollar each.

Floral shades (roses or carnations), may naturally serve. Carnations cost but 25 to 75 cents a dozen. The trick is to imbue in the heart of each a clove.

## Character Told by Mouth.

A large shapely mouth signifies breadth of mind and toleration of other people's peculiarities.

Thin lips denote covetousness, greed, selfishness, and, unless strongly contradicted by some other feature, intense love of power.

The more curved and flexible the lips the more yielding the nature.

The more straight and firm the lips the more severe the nature.

Lips that look as if they have been pressed into a straight line show self-repression, nervousness, and obstinacy.

A mouth to be perfect should be large and shapely; the corners straight or very slightly inclined to droop, lips neither thick nor thin, and firmly but closely closed.

## Lotion of White Violets.

You will find this a very pleasant mouth wash: Two ounces of rectified spirits of wine, one ounce of essence of violets, one-half dram of spirits of peppermint. Mix and bottle. Use a teaspoonful to a glass of water.

In my opinion, there is always some internal cause for the black circles under the eyes. The tendency is sometimes hereditary, but dark lines are usually due to some congestion of the veins of the part and are rarely, if ever, found excepting under one or more of the following circumstances:

When the subject is anemic, and there is an impairment of the chemical constitution of the blood, or when the system is being drained, as it would be in prolonged study, lack of sleep or dissipation of any description. The external treatment is sometimes effective temporarily, but cannot be permanent while the cause exists.

Bathe frequently with cold water and use friction. A little turpentine liniment or weak ammonia, one part of diluted ammonia to four of water, may be rubbed into the skin daily, but great care must be taken that it does not reach the eyes.

## Dimpled Elbows.

How many women find themselves using their elbows as props when resting or reading. The elbows are a very important feature in this day of short sleeves, and it is impossible to take too much care of the dimpled arms with which nature is supposed to provide us. Soft, white elbows may be cultivated and kept in condition by soaking them every day in very hot water, and then rubbing with cold cream or some other skin food.

These details in the care of the appearance do take a great deal of time, but in the end they are worth the effort spent upon them.

Calloused elbows are one of the first signs of age, and she is lucky who has begun to care for her arms before the dimples of youth entirely disappear.

## Wrinkles.

The electric rod, when attached to a battery, will prove very helpful if used by one who has had experience. However, as wrinkles are caused by the falling away of the fat cells the best method to restore them would be to massage good oils into the skin and to stimulate the glands and blood vessels by means of friction. Here is a good skin food: One ounce of white wax, one ounce of spermaceti, two ounces of lanolin, two ounces of coconut oil, two ounces of orange-flower water, four ounces of all of sweet almonds, thirty drops of tincture of benzoin.

Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding little by little the benzoin, and lastly orange-flower water.

Steaming the flesh will cause wrinkles rather than cure them, as it has a tendency to rob the tissues of oil.

## Treatment for the Hands.

Every night soak the hands for ten minutes in hot water. Then wash thoroughly with a good soap, rinse in clear water and dry thoroughly with a coarse towel, and in doing so rub the hands from the tips of the fingers backward. Next rub a good skin food well into the skin, and allow it to remain from five to ten minutes, then take a dry, soft cloth and remove all the cream possible. The treatment will remove from the pores all the actual dirt which even in the best-kept hands will find lodgement therein if a cream is not used.

In the morning cleanse the hands in the same manner and apply this lotion: 100 grains of lanolin, twenty-five grains of paraffin (liquid), ten drops of extract of vanilla, one drop of oil of rose. Mix together.

## Good Habits to Acquire.

There are several good habits that a woman may acquire that save bills for specialists, manicurists, masseuses, and others, and which insure her looking well, no matter what hurry she may have been in while dressing. To feel that details are not attended to will put a woman at a disadvantage, and she is so constituted that unless she feels herself at her best she never enjoys herself.

It is a very good habit after washing the hands to push back the cuticle from the nails with the towel. This keeps the nails always in good condition and renders frequent visits to the manicurist unnecessary.

It is a good habit, too, to rub the ears with a powdered chamois after washing. Who has not seen newly bathed ears shine like a looking glass? and, although there is some consolation in such proofs of a recent bath, the shine can hardly be considered pretty.

Combs, dutchess of Marlborough, is supposed to have a pair of the most perfect eyebrows in the world, and they are frankly admitted to be not natural, but cultivated. It is not a difficult thing to shape one's own brows, and it would seem as though a habit of this kind should be eagerly acquired by most women. One of the best methods of overcoming bushy eyebrows is to shape them between dampened thumb and forefinger after bathing the face or at any time when it is convenient. In this way wonderful results may be obtained.

## Muddy Complexion.

The following treatment is excellent for clearing the complexion: Rub the face over, just before washing it, with two teaspoonfuls of flowers of sulphur mixed in half a pint of new milk. This mixture should stand a little while before it is used on the face.

An excellent dandruff remedy is made by combining sixty grains of resorcin, one dram of ether, one dram of olive oil and six ounces of alcohol. Friction into the scalp every night and shampoo the hair with melted soap or eggs every week.

## Bad Breath.

You will find nothing more refreshing than this mouth wash: Fifteen grains of phenol, six drams of boracic acid, fifteen grains of thymol (in crystals), thirty drops of essence of menthol, two and a half drams of tincture of anise, three pints of distilled water.

Rinse the mouth with the above, which should be diluted for use in the proportion of one-half tooth wash to same quantity of clear water. Use after each meal and at any time required.

## Complexion Rules.

Don't drink tea or coffee. Drink pure water. Eat grapes, apples, raisins, and figs. Eat a few salted almonds daily. Don't eat animal food.

An egg or two a day, soft boiled, instead of meat. Eat an orange every day or so. Walk two or three miles a day. Bathe the whole body daily in tepid water.

Don't fret; don't worry; be calm and quiet.

## To Reduce Flesh.

Eat sparingly. Take long walks every day. Take regular dumbbell exercises. Sleep not more than six hours. Eat only fish and lean meats. Drink only a small amount of liquids.

## Cretonne Newness.

The most interesting separate coat in evidence just now is the one made of cretonne on suite with parasol and matched up in leading color with the hat. Such outfits accompany lingerie and linen frocks at Southern winter resorts. Later they will become familiar to these parts when the season liberates them.

## Our Poor Faces.

Before going to bed the face should be washed in warm distilled or bran water—if the complexion is strong enough to stand water in any form—a slice of lemon aiding in softening the skin, after which a good skin food must be well worked in, and the face finally rubbed gently with a clean piece of chamois leather, so as to remove the superfluous grease.

## Weighted Gowns.

Many of the thin silks and gauze gowns are weighted with one, or more, bands of heavier material to draw the skirts downward close to the figure.

## Red Hands and Noses.

Red hands and red noses are often caused by an unwise diet and by the use of impure soaps.

Tight clothing is another cause. Keep red hands out of hot water as much as possible.

Eat lean meats, fruits, and vegetables, and avoid all pastries, greasy foods, and strong coffee.

## For the Reduction of Flesh.

Forty-six grains of iodide of potassium, one and three-quarter ounces of lanolin, twenty drops of tincture of benzoin.

Make into a pomade and rub over the fat parts twice a day. You should abstain from food that is especially fattening, such as cereals, potatoes, corn, and beans.

## MY FIRST VALENTINE.

Now dawns the day of all the year when Cupid's court holds sway, And pictured hearts in true love knots are sent upon their way To bear a tender message from the bashful, lovelorn swain Unto his chosen lady love, her favor thus to gain: Then backward through the mists of years my thoughts are prone to stray, Though fifty mile-stones mark the path, it seems but yesterday, As dreamily I muse upon the ardor that was mine When I, with mingled hopes and fears, sent my first valentine.

She was my favorite at school—a winsome little maid, With nut-brown hair all plaited in a smooth, ribbed braid. Still graven in my memory are the colors that she wore, The checkered pink sunbonnet and the snowy pinafore; And when the shops resplendent shone with arrow-punctured hearts, And roguish, chubby Cupids making havoc with their darts, I fain would render homage to the little miss of nine, And breathe my admiration in a dainty valentine.

My capital was limited, 'twas counted o'er and o'er, As with a financier's craft I sought to swell my store Of well-earned pennies, till at last with boyish taste I bought A highly colored word of art—most wonderfully wrought—A pair of snowy doves thereon, a spray of glowing pinks, And underneath, a little rhyme in golden script—methinks No sonnet that in after years the poet's hand might pen Bore half the tender sentiment that filled this couplet then:

"The rose is red, the violet blue,  
Pinks are pretty and so are you."

Ah, me! What changes time has wrought since that bright winter day When in my charmer's desk I placed my valentine so gay; Where once the little schoolhouse stood a modern structure towers, And there my children's children spend their busy schooltime hours. The little lass? Why, bless your heart! she sits beside me now, The nut-brown hair is silver, banded low upon her brow; Fair sweetheart of my boyhood's days, my heart is still her shrine— Though fifty years have flown since then, she's still my Valentine!

—Katherine L. Daniker in the National Magazine.